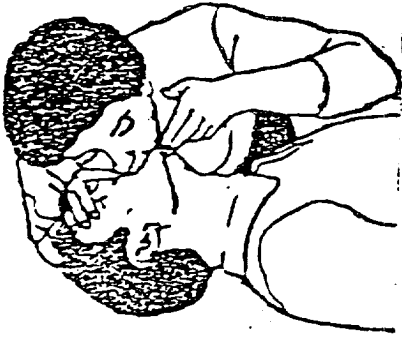


CPR SKILL SHEETS



Give 2 full Breaths

Maintain open airway with head-tilt/chin-lift.

Pinch nose shut.

Open your mouth wide, take a deep breath, and make a tight seal around outside of victim's mouth.

give 2 fullbreaths. Each breath should Give 2 full Breaths

Maintain open airway with head-tilt/chin-lift.

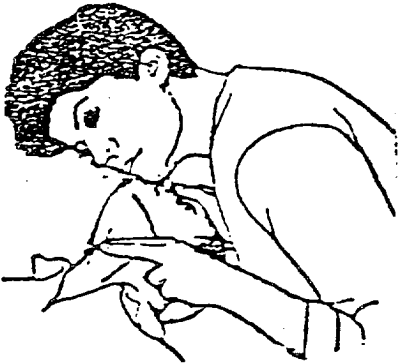
Pinch nose shut.

Open your mouth wide, take a deep breath, and make a tight seal around outside of victim's mouth.

give 2 fullbreaths. Each breath should last 1 to 1 1/2 seconds. Pause between each breath for you to take a breath.

Look for chest to rise and fall.

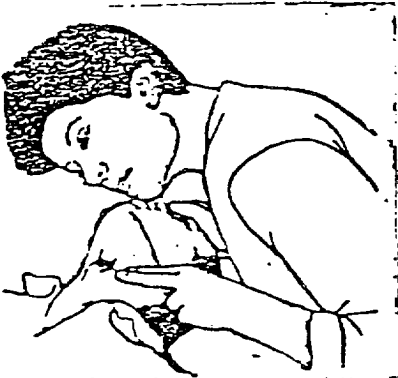
Listen and feel for escaping air.



Check for Pulse

Maintain head-tilt with one hand on forehead.

Locate Adam's apple with middle and index fingers of hand closer to victim's feet.



Slide fingers down into groove of neck on side closer to you.

Feel for carotid pulse for 5 to 10 seconds.

Say, "No breathing and no pulse."

Phone EMS for Help

Tell someone to call for an ambulance.

Say, "No breathing, no pulse, call _____" (Local emergency number or operator).